



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Athens YMCA

# Coach Mike Run Through The Woods

PRE-REGISTRATION  
 DEADLINE:

**JULY 19**

**Race Begins**

**At 8am Saturday  
 August 3rd, 2019**



### Registration

- \* Pre-registration \$25 (includes shirt)
- \* Registration after July 19<sup>th</sup> \$25 (no shirt provided)
- \* Same-day registration (no shirt):  
 6:30am-7:30am \$25
- \* Ages 10 & younger 5K \$10
- \* Fun Run is free (shirt option is \$10)

**Register with this form or on our website**

**[www.athensymca.org](http://www.athensymca.org)**

Proceeds benefit the Athens YMCA

Youth Programs



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

BIRTHDAY \_\_\_\_\_ AGE \_\_\_\_\_ GENDER \_\_\_\_\_

**T-SHIRT SIZE: YM, YL, AS, AM, AL, XL, XXL**

**Please sign the WAIVER on the back of the form**

## Age Groups

### (Male & Female)

10 & Under	11-14
15-19	20-24
25-29	30-34
35-39	40-44
45-49	50-54
55-59	60-64
65-69	70-74
75 and over	

## Contact Information

Elyse Giles

Athens YMCA Wellness Director

706-543-6596

elyse@athensymca.org

Carole Black

Classic Race Services

classicraceservices@gmail.com

Contact Elyse Giles for group rates

## Course Description

5K WILL BE CROSS-COUNTRY RUNNING WITH THE START AND FINISH ON THE YMCA'S SOFT SURFACE TRACK

## Awards

WORLD FAMOUS

R.WOOD POTTERY

**Race Results will be available online at:** [www.classicraceservices.com](http://www.classicraceservices.com)

[www.active.com](http://www.active.com)

[www.running.net](http://www.running.net) and [www.athlinks.com](http://www.athlinks.com)

WAIVER/RELEASE: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release, any and all rights and claims for damages I may have against the Athens YMCA or their sponsors, officials, workers, their representatives, successors, assigns, for any and all injuries suffered by me in this event, including pre-race activities. I attest and verify that I am physically fit and sufficiently trained for this event. Further, I hereby grant full permission to above sponsors to use my photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(IF UNDER 18, PARENT/GUARDIAN MUST SIGN)

**Return completed and signed form along with entry fee to  
Athens YMCA 915 Hawthorne Avenue Athens, GA 30606**

**\* PRE-REGISTRATION DEADLINE: JULY 19**